



**Discover Your Next
WORK ABROAD
Experience**

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Attributions

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Who is Eurodesk?

Since 1990, Eurodesk has aimed to create bridges in Europe and open up international opportunities to all young people, regardless of background or situation in life.

We see that many are not aware of the various programmes out there to support their projects, including financially – from a paid internship abroad to taking part in volunteering projects, all costs covered.

An experience abroad can have a massive positive impact on your life, and we believe Europe needs the involvement of young people.

This is why we operate with a network of youth workers all over Europe to reach out and provide you with neutral, free of charge, and verified information on all financial support programmes for going abroad and having a voice in Europe.

Eurodesk in numbers

Average per year

3000+ multipliers and ambassadors

38 Eurodesk centres in **36** countries

210,000 youth enquiries handled each year

5,000 public events

550,000 followers on social media

1.6 million young people reached through face-to-face activities.

Eurodesk is a support structure of the Erasmus+ programme and of the EU Youth Strategy.

WHAT'S IN THIS BROCHURE?

Working abroad tempts you, but you're unsure where to start. This brochure is here for you. It will guide you through various ways to turn your work abroad goal into reality.

You can **work and live anywhere in Europe** thanks to your EU citizenship. **Free movement** of workers is a fundamental principle of the EU. It means you can volunteer in Iceland, do an internship in a hotel in Mallorca or work in a Bulgarian ski resort over the Summer - all without needing a work permit!

Today, 17 million EU citizens are living or working **abroad**. Their reasons are diverse. Some seek better employment opportunities, others crave new adventures or some simply want to get closer to loved ones. No matter your reason, having an experience abroad can be a **life-changing experience** that boosts your career and personal development. It's also highly valued by employers!

This guide is your first step on that adventure! We'll show you various **work-abroad opportunities** that match your interests and aspirations. You'll also learn about **EU programmes** providing financial support to realise your project and **tips** to boost your application.





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DISCOVER THE VARIOUS OPPORTUNITIES OUT THERE WAITING FOR YOU!

Get ready

Clarify your goals

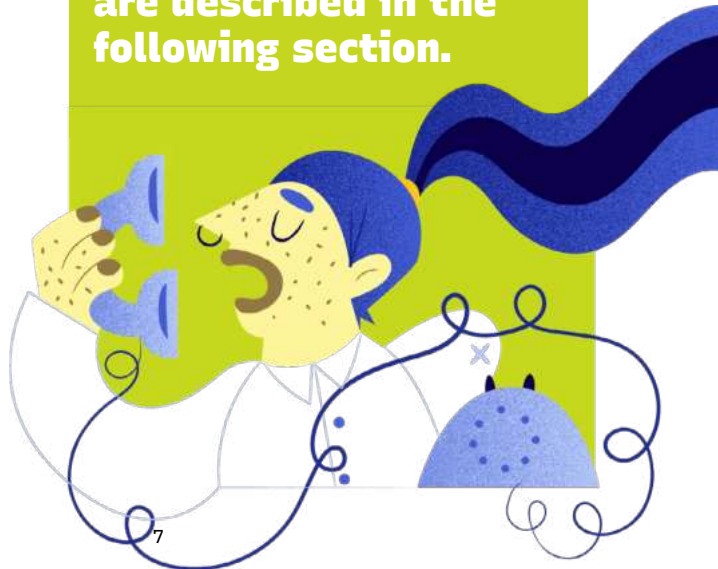
Going to work abroad is not a trivial matter. Take some time to reflect on your motivation by answering the following questions. The answers will allow you to build your mobility project better.

- Why do you want to work abroad?
.....
- What are the pros and cons?
.....
- When and for how long can you go?
.....
- Which country (culture, language, labour market...)?
.....
- What are your objectives during and after (be more employable, gap year...)?
.....
- What are your priorities (earn money, develop skills, discover a country, etc.)?
.....
- What are your strengths, qualifications and language skills?
.....

Based on your answers, the following options may be more relevant for you:

- **Permanent job:** Long-term employment offering stability and career progression, typically lasting for a few months, years or even decades.
- **Seasonal work:** Temporary work positions lasting for specific seasons or periods, often in tourism, agriculture, or hospitality.
- **Internship:** Gaining practical experience and professional skills in a work environment for a set period ranging from a few weeks to a year.
- **Work exchange programme:** Combining work with cultural exchange opportunities, programme lengths can vary depending on the specific programme.
- **Au Pair:** Providing childcare and light housework in exchange for accommodation and cultural immersion, with durations typically ranging from a few months to a year.
- **Entrepreneurship:** Starting your own business and becoming self-employed, with the duration depending on the success and goals of the venture.

All these opportunities are described in the following section.



Where to find information and support



If you are considering going abroad for work experience, numerous private companies specialising in work abroad placements offer to organise your trip, accommodation, and company placement. While convenient, these services come at a cost. Thoroughly research the company's reputation and service quality before signing up.

There's a more **affordable alternative!** We recommend that you first seek advice from **free, specialised services** provided by your local and national governments and the EU. They will direct you to different available opportunities. Sometimes, you may receive financial support instead of paying for the experience!

Here are some relevant information portals to explore:

EURES: Your job search ally across Europe

EURES is a European cooperation network of employment services that aims to facilitate the free movement of workers despite language barriers, cultural differences, bureaucratic challenges, diverse employment laws and a lack of recognition of educational certificates across Europe.

On the Portal, you'll find job openings, information about working in different countries, and even job fairs to connect you with potential employers. Plus, it offers tips on finding a job abroad, making your experience smoother and more successful.

Eurodesk: Your gateway to European Youth Opportunities

Eurodesk is a European youth information network that raises awareness of European opportunities and encourages young people to become active citizens. Eurodesk federates over 3000 local youth information providers, so-called multipliers and ambassadors, working with young people, delivering youth information, and advising young people on mobility opportunities.

European Youth Portal: Your one-stop-shop for EU opportunities

Find European and country-level information about opportunities and initiatives that are of interest to young people considering living, learning and working in Europe. A section of the Portal is dedicated to working abroad with tips, stories from other young people and concrete programmes to have an experience aboard.

Your Europe: All about your EU rights

Find all the information you need about your rights and duties when living in a different country. If you are studying, working or still looking for a job, there are things you need to do when you move to a different country.



Types of opportunities

There are different types of opportunities to work abroad. You will discover interesting sources of information and tips for each of them.

1. Permanent job

If you are looking for permanent work abroad, several **job portals** are part of international groups with a presence in other countries and continents. Visit those in the country of your choice or use your favourite search engine to look for jobs in the local language.

In some countries, **recruitment agencies** or “head hunters” are essential intermediaries between employers and candidates. A good advice could be to contact an agency specialised in the field you want to work for and send them your CV.

The European Union encourages mobility. On the **EURES Portal**, you will find all the information you need - job opportunities, information about destination countries, tips for preparing your experience, and guidance services.

There are currently over **3 million jobs** waiting for you! **European Job Days** are also regularly organised to match candidates and employers (europeanjobdays.eu).

The **EURES Targeted Mobility Scheme (TMS)** is a European Union initiative designed to facilitate the placement of jobseekers in work placements, apprenticeships, or jobs across EU member states, Iceland, Liechtenstein, and Norway.





ERASMUS FOR YOUNG ENTREPRENEURS

1 What?

EU Programme promoting the mobility of job seekers.

2 For whom?

All job seekers from 18 years old from any of the EU countries + Iceland and Norway.

3 Where to go?

Any of the EU countries + Iceland and Norway (EFTA/EEA countries).

4 How long?

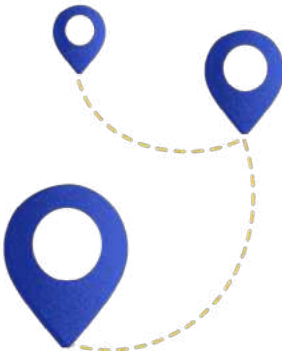
Apprenticeships can last 6 months and traineeships 3 months.

5 What financial support?

Financial support varies according to the type of opportunity and the country where you will be staying. Language courses, recognition of qualifications, travel and accommodation costs could be financed. This financial support is provided through national employment services in participating countries.

6 Where to get support/information?

[National contact](#)
[EURES TMS](#)



Is your goal to work in a particular country?

If you see that getting a permanent job is difficult, a good option is to start by looking for an internship opportunity to build a network and search for a job on the spot.

On the Eurodesk Opportunity Finder, you will find many open opportunities for work placements and traineeships abroad.

2. Seasonal work

One of the biggest rewards a seasonal job can give you is to gain valuable experience, especially if you are a student. Even if the work is different from what you want to do in the future, you will learn the basics of what's expected in the world of work and

how to deal with other people in a professional context.

Seasonal jobs are available in various sectors, allowing you to find something that aligns with your interests or potential career path.

Remember to research and understand the legal requirements, the terms of the contract and visa regulations for your chosen destination.



Here are some examples:



Useful links:

[Summer jobs in Europe & the world](#)

[Season workers](#)

3. Internship

Numerous opportunities exist for internships abroad. This experience can help you improve your personal and professional skills, making you highly valued by future employers.

It's an opportunity to boost your CV, confidence, and skills (language, communication, intercultural skills...), meet new friends, and have an unforgettable adventure abroad.

If you are a student, the **Erasmus+** programme offers opportunities to do an internship during or just after your studies. Consult your university's international office to learn more about the Erasmus+ internship opportunities available.

Consider applying for **traineeships at EU institutions and international agencies**. These internships offer a great career boost and can open doors to future employment within those bodies.

EU institutions usually remunerate their interns between 1200-2000 EUR, which is not the case of other international organisations. Be sure to check the specific recruitment processes for each organisation. For example, the EU selects interns for its "Bluebook" programme twice a year.

Useful links:

[EU Career Portal \(EPSO\)](#)

[UN Career Portal](#)

[Erasmus Intern Portal from ESN](#)

[Eurodesk Opportunity Finder](#)



ERASMUS+ TRAINEESHIPS

1 What?

Accredited higher education institutions can send their students abroad for work placements, internships or apprenticeships.

2 For whom?

Students currently enrolled in higher education institutions and recent graduates.

3 Where to go?

You can go to one of the Erasmus+ Programme Countries (EU + North Macedonia, Iceland, Liechtenstein, Norway, Serbia and Türkiye).

4 How long?

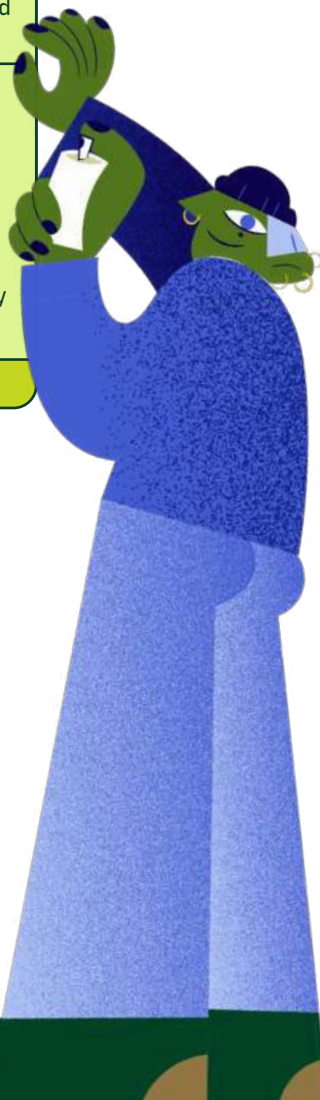
From 2 months to 12 months (that take place within 1 year after graduation from a European educational institution). You can benefit from an exchange abroad with Erasmus+ multiple times, either as a student or as a trainee, but your total time abroad may be at most 12 months within one study cycle.

5 What financial support?

The grant amount depends on the living costs of the country where the traineeship takes place (from 225 to 674 EUR per month + transport). A top-up amount is available for students with fewer opportunities and those coming from outermost regions and overseas countries and territories.

6 Where to get support/information?

For information on how to apply, contact your higher education institution. You can also contact the Erasmus+ National Agency in your country for further support.



4. Work exchange programme

Instead of receiving a salary, a work exchange is an opportunity to trade one service for another, gain unique work experiences, and have a meaningful gap year on a budget. It's a great opportunity if your goal is also to travel around the world.

It offers an alternative way of arranging homestays and cultural exchange, connecting with other people, and exploring new cultures and ways of living.

Useful links:

[WWOOF](#)

[WWOOF International](#)

[Mind My House](#)

[WorkAway](#)

[HelpStay](#)

[Anywork Anywhere](#)

[Help Exchange \(Helpx\)](#)

In most cases, you will have to pay for your travel. Still, accommodation and food will be provided, as well as sometimes other benefits such as free Internet use, horse riding, bikes, local sightseeing trips, yoga or English lessons.

Carefully check the requirements before committing, as you could be working quite a lot during the week. A good tip is to travel before or after the experience.



5. Au Pair

Au pairs take care of the **children** in a family and may also be expected to help with household chores. In return, the family offers full-board accommodation and some pocket money. You can choose how long you want your experience to be - a couple of months, over the summer or even up to a year or more.

You'll have social security and health coverage but must usually pay your travel costs. Different websites propose au pair opportunities. Make sure to check the conditions before you sign up!

Au pair is an excellent opportunity to gain work and life experience in another country and **learn the language**.

Depending on the programme, it's usually open to young people between 18 and 30. You can go all over the world! It depends on what country you come from and on the laws and immigration rules of the various host countries you would like to go to.

Useful links:

[Au Pair World](#)

[Find Au Pair](#)

[International Au Pair Association](#)



6. Entrepreneurship

Want to see what it's like to be an entrepreneur in another EU country? As an EU citizen, you can set up your own business in any EU country, Iceland, Norway and Liechtenstein. You can also set up a subsidiary branch of an existing EU-based business that is already registered in one EU country.

There are different EU funds available for startup businesses. To learn about available financial support, information and support, visit the **Startup Europe Club**.

For new or aspiring entrepreneurs, the **Erasmus for Young Entrepreneurs** is meant for you. For six months, you can get tips and tricks from an experienced entrepreneur and watch your business flourish.



Useful links:

[Erasmus for Young Entrepreneurs](#)

['Your Europe' start-ups portal](#)

['Your Europe' business portal](#)

[Women entrepreneurship gateway](#)

[Startup Europe Club](#)



ERASMUS FOR YOUNG ENTREPRENEURS

1 What?

European exchange programme for aspiring entrepreneurs to learn from experienced entrepreneurs running small businesses in other participating countries.

2 For whom?

New (business of less than 3 years) or aspiring entrepreneurs.

3 Where to go?

In another EU Member State or other participating countries (Albania, Armenia, Bosnia-Herzegovina, North Macedonia, Iceland, Kosovo, Montenegro, Moldova, Serbia, Türkiye, UK and Ukraine).

4 How long?

The exchange can last between 1 and 6 months.

5 What financial support?

The financial support for the contribution of the travel and subsistence costs during the visit depends on the country chosen for the exchange.

6 Where to get support/information?

You need to get in touch with your national contact point.
[A list is available on the programme website.](#)



EMPLOYMENT IN EUROPE: DIFFERENT REALITIES

Languages

It will be easier to get a qualified job if you master the host country's language or at least English. However, many work opportunities exist even without fluency in the local language. Use this as a chance to practise or learn a new language and expand your career horizons!



Assess your level

Consider using the Council of Europe's online self-assessment grid to assess your current level. This tool aligns with the Common European Framework of Reference for Languages (CEFR), which categorises language proficiency into six levels: A1 (Beginner) to C2 (Mastery). Knowing your CEFR level can help you target job opportunities that match your language abilities.

Get a certificate

A language certificate can attest to your level and support your application, think about it! The most well-known tests are the TOEIC, IELTS or the Cambridge exams for English, the DELE for Spanish and the Goethe-Zertifikat for German but there are others. Bear in mind that these could come at a cost. You will have to assess whether this really adds value to your application.



Practice, practice, practice

Before leaving, make sure to get familiar with the host language. You can watch movies, take free courses, download an app, etc. If you prefer to learn with another person, there are online tools that put you in touch with people speaking the language you want to learn!

If you do not speak the language at all

Being bilingual is not essential for jobs like cleaning, washing dishes, or picking fruit and vegetables. Selection for these jobs often prioritises motivation and physical stamina.

You should also consider targeting companies that need your language skills, such as international businesses or those catering to a diverse clientele. Of course, you can also choose a host country where your native language is spoken.

Here are some examples:

[Polyglot Club](#)

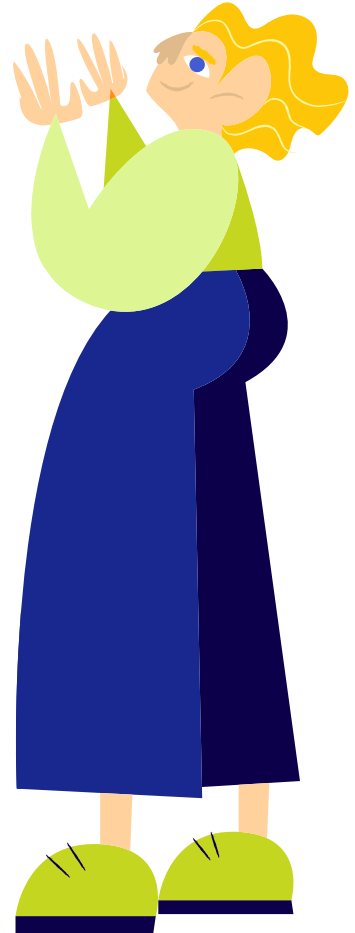
[Memrise](#)

[Meetup](#)

[Busuu](#)

[Tandem](#)

Don't let language limitations entirely deter you from exploring seasonal work abroad. A positive attitude and willingness to learn can open doors to a rewarding international experience.



National differences: important elements to consider

Recruitment practices can vary significantly between countries. Looking for a job abroad goes beyond simply translating your CV. Here are some key elements to consider.

Work contracts

A work contract is generally subject to the host country's legislation. Your working conditions (hours, remuneration, etc.) abroad may be more or less favourable than those in your home country.

- **Hours worked per week in the European Union:** 36.1 hours on average, up to 39.8 hours in Greece.
- **Minimum salary:** between € 477 per month (Bulgaria) to nearly € 2,571 (Luxembourg).

- **Oral or written contract?** Contracts are not always written. In Bulgaria, a contract must be in writing before the employee takes up a job. In Malta, the employer has 8 days - compared to 2 months in Sweden and the United

Kingdom - to give you your contract. Our advice: always ask for a written contract, it will avoid any misunderstandings and will help you, in the event of a conflict, to ensure that your rights are respected.

To avoid unpleasant surprises, prefer offers posted free of charge on the country's official employment sites and find out about living and

working conditions in your host country on the EURES portal. You can also check with the national employment authority in your country.



Job markets

Consider the unemployment rate when choosing a destination, as countries with higher unemployment may have a more competitive job market. The EURES portal ("Living and Working" section) is valuable for **researching job markets** and opportunities across Europe. Additionally, the employment landscape can change quite quickly. Thorough research is crucial for a successful job search abroad.

Summer is generally a popular time for finding seasonal work in Europe, but some sectors also recruit throughout the year. For a short stay, these are sectors to consider:

- **Tourism:** The tourism sector frequently hires for short-term roles, even beyond the peak summer season. Think campsites, holiday camps, sports camps, theme parks, and tourist information offices. Positions may involve animation, customer service, or maintenance tasks.
- **Hospitality:** Restaurants and hotels are major recruiters, especially for roles that don't require extensive experience. These positions could include bartending, reception work, cleaning, and more.
- **Agriculture:** For nature enthusiasts, consider working on farms during harvest seasons. Be aware that agricultural work can be physically demanding, with long hours. Alternatively, you could explore "Wwoofing," which involves volunteering on organic farms in exchange for accommodation and food.



Living costs

One important thing you must consider while choosing to work abroad is the cost of living, which can greatly vary from country to country. Affordability, health care, safety, and entertainment are some of the most important areas to consider, especially if you are trying to save money.

If your budget is tight, compare the salary to the cost of living. EURES gives an overview of the living costs in Europe.

[Check it out here!](#)



10 tips to get a job abroad!

PROSPECTION

1 Activate your network - talk with your friends, teachers, and neighbours... they could know someone working abroad who could support you.



2 Target sectors and countries that recruit - check trends online and make sure your language level is adequate. Finding a job in countries with lower unemployment rates is easier.

3 Take part in online job fairs and forums such as the European Job Days to meet potential employers. If you are looking for a restaurant or shop job, just talk to the owners... Don't forget to bring your CV with you.



4 Clean your social media accounts and use professional ones such as LinkedIn to contact potential employers/recruiters.

5 Check available national and EU programmes - you could receive support for your mobility project!



APPLICATION

6 Prepare your CV based on the destination country's practices. Give your contact details and availability. Consider using a Europass CV.



7 If you do not master the language, insist on your motivation and personality. Why not mention you will take language classes?

8 You don't know your language level? Don't panic. Check the Common European Framework of Reference for Languages self-assessment grid and start practising.



9 Adapt your CV to the job you target, use the company's keywords in your CV and explain your past experiences. If you don't have previous work experience, insist on your motivation and try to mobilise your network for support.

10 Insist on the added value of your application compared to other young people from the country. What will you bring that others won't?



GETTING READY

Stand out with your application

Before diving into your European job search, take some time to **research current recruitment practices** in your target country. It includes understanding their preferred CV format to ensure your application stands out!



Use a Europass CV

To facilitate your life, the EU has created a free online tool to create a Curriculum Vitae that is used across Europe, the [Europass](#). This user-friendly platform simplifies the process, allowing you to build a CV and easily tailor it for specific job applications. You can craft your CV in English or any other relevant language.

Tailor your CV and cover letter

Don't just send a generic application! To stand out, tailor your CV and cover letter for each job. Highlight relevant skills and experiences that directly match the position's requirements, showcasing your value to the company. Use keywords from the job description throughout your CV to grab attention, and keep your cover letter concise (under one page) while explaining your specific interest in the company and why you're the perfect fit for the role!

Add recommendation letters

Don't forget to include recommendation letters from your former employers. If you have no work experience, consider asking your teachers or the organisations where you volunteered. This can create a positive impression.

Use a language that employers understand

When describing your experience, be specific and clear. If you mention that you have experience in communications, explain what type of content you have produced and the tools you have used. Use action verbs and quantifiable results (e.g. "Increased website traffic by X% with..."). This targeted approach allows employers to see how your past experiences directly translate to the skills needed for the job!



Look professional

Ensure your CV is free of typos and grammatical errors. A polished CV demonstrates professionalism and attention to detail. Some countries may not allow photos on CVs due to anti-discrimination laws. If photos are permitted, choose a professional headshot.

Edit your social media

Keeping an up-to-date LinkedIn account can sometimes help with your applications, and your social media profiles can show your passion for the area you're applying to. Equally, if there is something you would rather an employer didn't see while considering your CV, it probably should be hidden.

The final touch

Always accompany your CV and motivation letter with a polite and professional email introducing yourself. Many application processes specify a particular email subject line or format. Following these guidelines ensures your application isn't filtered out before being reviewed.



Golden steps when applying for a job

Here are some golden rules when applying for a job...

Before

- Read the advert carefully. Does your profile match?
- If you decide to go for it, check their website, social media channels, etc. Can you grasp their companies' goals, mission and values?
- Adapt your CV accordingly.
- Write the cover letter: explain your motivation for this particular job/company and how your skills match. Show that you have done your research!
- Use a professional picture (if relevant). Ask your friends to give their opinion.
- Clean up your social media profiles. What appears on search engines when you type your name?

When applying

- Write a polite and concise email when sending your CV and cover letter.
- Follow the instructions (e.g. if they request that you write a specific subject in the email, do it).

After

- You can send a reminder one week after sending your application unless the advert specifies that only short-listed candidates will be contacted.
- If you are not selected, despite the fact you had the profile, ask for feedback.
- If you are selected, it's time to prepare for the interview! Make sure to analyse the company even further, and prepare some questions or recommendations (e.g. if you apply as community manager, what do you think of their social media channels? What could be improved?). There is plenty of advice online.

All those administrative things you need to plan ahead



ID and passport

EU citizens generally don't need to show a passport or ID card for travel between countries within the Schengen zone. However, carrying a passport or ID card is highly recommended. This allows you to prove your identity if requested by authorities. It's also mandatory for air travel, but not typically required for train or bus travel. It's also important to be aware that individual Schengen countries may have temporary rules requiring you to carry identification.

[Travel documents for EU nationals](#)

Countries in the Schengen area are Austria, Belgium, Bulgaria, Croatia, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, Switzerland.



VISA

While EU rules ensure social security rights and equal treatment for EU citizens moving within Europe, a visa is required to work in countries outside the European Union. Research and fulfil the specific visa requirements for your desired destination and employment situation before travelling



Bank accounts

If you are legally resident in an EU country, you have the right to open a “basic payment account”. Before you open your account, the bank should give you a document showing the most important services offered and any related fees. This is known as a “fee information document”. You can use it to compare the cost of accounts at different banks. Some banks will request that you provide proof of residence to open your account.

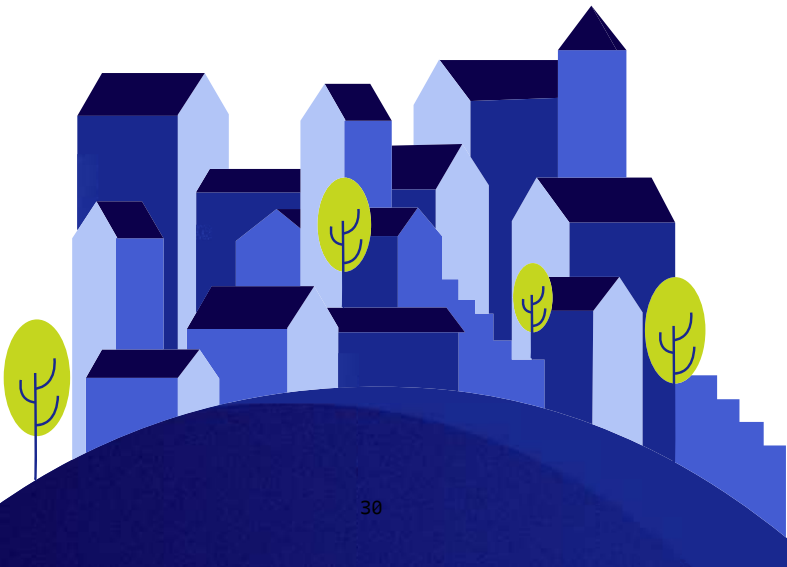
[Bank accounts in the EU](#)

Health and social protection

If you get sick or suffer an injury while traveling to an EU country, Iceland, Liechtenstein, Norway, Switzerland or the United Kingdom, social security coordination gives you the right to necessary treatment if you carry the [European Health Insurance Card](#). If you travel outside the EU, make sure to take health insurance.

Expat communities

You are probably not the only foreigner living in your new city. Several expatriate groups around the world can help you find accommodation, jobs, furniture, events and many useful tips, such as **Just Landed** or **InterNations**. You can also find many other communities, like the ones on Facebook, Couchsurfing, or Meet Up, and just search for the city you are moving to.



Accommodation

Finding a place to stay can be challenging; the key is to start ahead of time. Where and how you look for a place to live depends a lot on the country and city you move to, so it's important to get local information.



Transport and driving licence

If you move to another EU country, you don't usually have to exchange your driving licence for a local one. However, you can voluntarily exchange it for an equivalent one in your new country of residence. In some countries, your driving license is for life, in others, it has a time limit. If you move outside the EU, check the rules that apply in your host country.

[Driving licence exchange and recognition in the EU](#)

Diplomas

You might want to get your studies recognised in another country. To make this easier, the EU has developed two credit systems that show the relative levels of credits obtained in different EU countries: **ECTS** for higher education and **ECVET** for vocational education and training. Those are "translation tools"; there is no automatic EU-wide recognition of academic diplomas.

You will need to go through a national procedure to get your academic degree or diploma recognised in another EU country. To do so, contact the [ENIC/NARIC centre](#) in the country where you would like your diplomas assessed for "comparability". This could be your home country if you return home after your studies, or another EU country if you move there for work or further study.



**Don't forget,
whatever the
question, start
with us!**

On [our map](#), you will
discover the 3000
members of our
network and find the
closest to you.

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Learn more at eurodesk.eu



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